



PENGUIN INTERNATIONAL RUGBY FOOTBALL CLUB

Rugby Report 2006



sponsored by



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Appendix A – Malaysia School Coaching Report

Appendix B – News paper articles

Appendix C – Level 1 coaching course schedule, a practical assessment form and a written test paper from the course.

Cover photo: Part of the warm up during the schools coaching clinic in Langkawi when a new club record for attendance was set at 176 young rugby players

Author: Craig Brown, Director of Rugby, Penguin International RFC, with contributions from Ian Bullerwell (Cambridge match report) and Grant McKelvey (Malaysia Schools coaching report)

1 Introduction

The club has enjoyed another successful year in both coaching and playing arenas. The year, fittingly enough, commenced and finished with level 1 coaching courses in Malaysia. In between times the club has travelled to Mexico, Malta and France.

The club had a very successful year on the field winning every match and tournament, including a notable success in the COBRA 10s, finally capturing the title again after a 12 year wait.

This report details the various activities the club has undertaken in 2006, none of which would have been possible without the support of our gracious sponsor, HSBC, and the donations received from our vice presidents.

2 HSBC Penguin International Coaching Academy

2.1 Mexico

Following the successful playing and coaching trip to Mexico in 2004, a follow up visit was arranged for March 2006. The purpose of the trip was coaching only, and John McKittrick (former US and Cook Is 7s coach) and Antonio da Cunha (Portugal) joined Craig Brown, the Penguin's Director of Rugby, on the visit to represent the HSBC Penguin International Coaching Academy. The duration of the trip was 9 days and encompassed a wide range of coaching activities, which involved working with local schools, orphanages and local teams, all based in Mexico City. However, a few keen players did travel from neighbouring cities.

The first session was held at Dos Rios, the Mexican Rugby Federation's home ground, and was attended by approximately 60 children. The children were organised into U15 and U11 groups, and taken through various techniques with the aim of developing these into skills. It was pleasing to note the improvement in all, from the perspective of the *whole-part-whole* coaching approach. In particular, emphasis was placed on handling and running lines under pressure.



Some of the children from Greengates School with the Academy Coaches

Further school sessions continued during the week at Greengates School, Tomas Moro School, and the American School. In some of the sessions held, all participants were undertaking rugby activities for the first time, including a number of girls. During these sessions the fun element of rugby was promoted to ensure these young people left the session with fond memories of the game, and keen to return. The more senior players (U17) were keen to improve tackling and scrummaging, whilst the younger players concentrated on handling, running and kicking. All sessions progressed to introduce *pressure* situations to test the techniques learnt in game-like situations.

By special request of the Penguins, a session was arranged at Casa Alianza Orphanage and Care Home in the south of the city. The session lasted for about 2 hours, and included numerous boys and young men who had never been involved with rugby before. The group was split into two groups, one for those with no rugby experience and the other for those who had been playing for the last year or two. The youngsters with some experience were well drill by their coach Raul Monroy (Raul played against the Penguins in 2004, aged 61!), adapted quickly, and absorbed the instructions of the HSBC Penguin International Coaching Academy coaches. Two 12 year olds, in particular, stood out, and would easily fit into the U13 rugby scene in any leading rugby country. The coaching team found the experience very rewarding and enjoyed a traditional Mexican lunch with the children afterwards. Each participant was presented with a HSBC school kit, and a HSBC Penguin International Coaching Academy t-shirt.



Group photo at the conclusion of the Casa Alianza Orphanage session

2.1.1 HSBC Support

The Penguin coaching team met with Sandy Flockhart, CEO of HSBC in Mexico, and other senior banking officials. The meeting afforded the opportunity to meet up informally following our visit in 2004, and to update all present with the Penguin's progress in that time. Sandy was formally thanked for his support for the HSBC Penguin International Coaching Academy's tour to Mexico, and his part in the continued development of rugby in Mexico.

2.2 Malta Coach Tutoring

As a follow up to the successful tour in 2005, to play in Malta Rugby Union's International XV's tournament, and to coaching the local rugby community (HSBC Penguin International Coaching Academy), it was agreed that a follow-up visit would be planned to focus on coach tutoring.

A team of four Penguin coaches spent consecutive weekends in Malta running the standard level 1 rugby union coaches' course, in a similar manner to those run in Malaysia. Gary Henderson led the course and was joined by Harry Boyle for the weekend, 29th September to 1st October. Lynn Evans and Craig Brown joined Gary for the second weekend, 6th to 8th October.

13 enthusiastic coaches ranging in age from 19 to 60, including two women (the first woman to be coach tutored by the academy) attended the course and covered the syllabus as outlined in the course schedule in Appendix C.

The practical assessment sheet and the course exam are provided in Appendix C.



At the end of the practical coaching session, local players, the newly qualified coaches and the Penguin coach tutors

2.3 Malaysia

2.3.1 Level 1 coaching course

As a continuation to the excellent start in 2005, the HSBC Penguin International Coaching Academy returned to Malaysia on four occasions to run further level 1 courses for local school teachers and other interested rugby enthusiasts. The courses followed a similar pattern to 2005, and rolled out the equivalent of a level 1 rugby union coaches' course as per the UK. Adaptations were made to the course to line up with local relevant content and also the duration is spread over 4 ½ days to ensure all participants had ample time to grasp the material, and, more importantly, had sufficient opportunities to practise coaching in a live situations, under the tutors watchful eyes.

Course Date	Venue	Tutors
14 to 18 February	Alor Star	Gary Henderson, Richard Hicks, Tony Robinson, Craig Brown
24 to 28 April	Cherating	Mal Chumbley, Craig Brown, Lynn Evans
29 May to 2 June	Kuala Lumpur	Gary Henderson, Andy Fuller, Tony Robinson
13 to 17 November	Kuala Lumpur	Lynn Evans, Tony Robinson, Craig Brown

2.3.2 COBRA Schools' Development

As part of the tour to Malaysia in September 2006, the HSBC Penguin International Coaching Academy funded two qualified coaches to travel to Kuala Lumpur to undertake a series of coaching sessions at local schools. The coaching team was lead by Grant McKelvey, and also included Jamie Dempsey, both of whom work for the Scottish Rugby Union. The coaches spent four days travelling to various schools in the Kuala Lumpur area, and a report of their activities is contained in Appendix A.

As well as preparing to play in both tournaments (COBRA 10s and Royal Kedah 7s), the Penguin team was tasked with running a series of coaching clinics for local schools. Three sessions were held in total, two in Kuala Lumpur and one in Langkawi.



Egelani demonstrating building up a maul (left) whilst Mika and Alapasa running an evasion drill (right)

The first two sessions were held at the COBRA club training grounds with approximately 25 six to ten year old boys attending the first, and 140 boys aged ten to eighteen attending the second session. The Penguin team members were responsible for planning their own sessions with some input from Grant McKelvey and Craig Brown. The group planned a series of skills drills and exercises, and it was pleasing to see how the team adapted their sessions to cater for the experience and skill levels of the various groups they coached. Each session lasted for about 90 minutes with an emphasis on skills and enjoyment. It was particularly evident that the players also enjoyed themselves, and for some, it was their first experience of coaching.

The final session was held for school boys in Langkawi, and was the first occasion any outside coaching had taken place for school boys on the Island. It was also a notable occasion for the HSBC Penguin International Coaching Academy, with the club's record

for the largest coaching session broken. The new record now stands at 176 attendees beating the 169 who attended the teams coaching session at the COBRA 10s in 2005. Congratulations to the team on a fine effort.

2.4 Further developments

During 2006, the status of the HSBC Penguin International Coaching Academy has developed with many messages of support and thanks for work the Academy has undertaken. In addition, the reputation of the academy has reached foreign shores, with requests for assistance from numerous rugby communities in countries including Guam, Brazil, Fiji, India, Hong Kong, Latvia, Mongolia, Peru, USA and Canada.

The HSBC Penguin International Coaching Academy programme for the coming year, and beyond, will be developed in the latter part of 2006. It is hoped the work, carried out over the past two years, will continue to grow, with more rugby communities benefiting from our assistance. The Academy has now established a pool of about 12 qualified coaches, who are enthusiastic about the aims and goals of the academy, and who have confirmed their ongoing support into the future. As indicated above, the potential exists for the academy to continue growing, and it is hoped, that with the expected increase in demand, we will be able to continue the academy's work. However, at this point in time the biggest constraint is funding.

Some photos from the coaching year



Playing Activities

3.1 University Matches

3.1.1 Cambridge

Penguins 19 - 0 Cambridge – match abandoned at half time.

On a cold crisp evening at Grange Road, the Penguins were quickly into their stride, and with Pat Howard directing operations from 2nd 5/8, the ample supply of good ball from the forwards was put to good use. Cambridge defended desperately, but it wasn't long before a break by Pat Howard led to Ollie Montgomery scoring a try which was converted by Kieron Hallett. As the match progressed, the forwards became more dominant, and further tries came from Adam Slade and the replacement hooker, Matt Baker. Hallett converted one to make the score 19 - 0.

Unfortunately, the temperature was well below freezing and conditions deteriorated such that certain areas of the pitch had become unplayable. With the agreement of both captains, the referee, Bruce Robertson, sensibly called proceedings to a halt at half time.

3.1.2 Team

1. Mark Irish (Bristol, England Universities), 2. Neil Clarke (Bristol, England Universities), 3. Wayne Thompson (Bristol, England Universities), 4. Andy Phillips (Bedford), 5. David Ramsay (London Welsh), 6. Daniel Beard (London Welsh), 7. Graeme McGilchrist (Watsonians, Scotland U21), 8. James Ball (Bedford), 9. Ben Dormer (Cambridge), 10. Kieron Hallett (Bedford, Ireland U19), 11. Ian Warbrick (Staines), 12. Pat Howard (Leicester), 13. Ollie Montgomery (Bedford), 14. Adam Slade (Henley), 15. Alan Syme (Stirling County), 16. Nick Jones (Cambridge University), 17. John Thompson (Cambridge University), 18. Florent Rossigneux (London Welsh), 19. Matthew Baker (London Welsh), 20. James Gaunt (Henley), 21. John White (Cambridge University)

Match Manager – Ian Bullerwell

3.1.3 Oxford

Penguins 46 – 5 Oxford University

With a cold snap passing over the country in the lead up to the game, a repeat of 2005's cancellation was a possibility. However, the rain persisted, instead of frost, and the game went ahead on a very soft and muddy pitch. The Penguin's had a couple of last minute call-offs including the teams skipper, Pat Howard, but a reshuffle in the backs did not reduce the attacking potency of the team. Gareth Taylor took over the captaincy.

In very trying conditions, with constant light rain from above and a very muddy surface below, both teams tried to play an expansive running game. Both succeeded, and the crowd was treated to some excellent handling and running rugby. The Penguins scored three times by half time, and increased the lead in the second half to run out convincing winners 46 to 5. Lee Hinton at fullback, and Steve Winn at 2nd 5/8, had particularly strong games, running at all opportunities and making the defence work hard. The Penguins tries were scored by Ben Breeze (3), Lee Hinton (2), Ian Warbrick, Matthew Baker and Steve Winn. Lee Hinton added 3 conversions. The pack supplied quality ball and supported

well, with the loose forwards of Flo Rossigneux, Jim O'Donovan and James Ball, providing the link and continuity.

3.1.4 Team

1. Adam Black (Newport Gwent Dragons), 2. Matthew Baker (London Welsh), 3. Ben Prescott (Glasgow), 4. Gareth Taylor (Ebbw Vale, Wales – Captain), 5. Andy Phillips (Bedford), 6. James Ball (Bedford), 7. Jim O'Donovan (Lansdowne), 8. Flo Rossigneux (London Welsh), 9. James Gaunt (Henley), 10. Alan Syme (Stirling County, New Zealand Universities), 11. Ian Warbrick (Staines), 12. Steve Winn (Newport Gwent Dragons, Wales 7s), 13. David Maccallum (Esher, Australia A), 14. Ben Breeze (Newport Gwent Dragons, Wales 7s), 15. Lee Hinton (Newport Gwent Dragons), 16. Robin Bridge (Oxford University), 17. Dan Beard (London Welsh), 18. Ben Dormer (Cambridge), 19. Adam Slade (Henley).

Match Manager – Craig Brown

4 France

4.1 Tour Report

At the request of HSBC, the club was asked to arrange a suitable high profile match in Paris, to coincide with the re-branding of CCF to HSBC. A match with Paris University (PUC) was duly arranged, and to add to the occasion, it was PUC's centenary year and the match against the Penguins was the feature match. PUC ensured a competitive game by inviting a number of former players back to Paris.

Having rarely won in France before, club president Alan Wright, was keen that the club assemble a high profile team. The result was one of the strongest teams the club has ever fielded and the strongest XV's team since the game went professional.

The match took place on a very warm Paris afternoon on 10th June the team included Rod Moore and Matt Dunning – Australian test props, Craig de Goldi – NZ7s star, Rob Henderson – Ireland and British and Irish Lions, Duncan Hodge – Scotland, Nic Le Roux, Rida Joauher and Kris Kopetsky – all France 7s, Blair Urlich and Reece Robinson – both NZ Maoris, Joel Nasmith – North Harbour, Arthur Brenton - Bedford and ACT Brumbies hooker James McCormack. The team was coached by former Scotland player and coach, John Rutherford, and Managed by Craig Brown.

The PUC team included a number of players from the Top 14 and D2 pro divisions in France who had links to PUC and it was the hosts who held the early advantage with strong driving play and it was only determined Penguin defence that kept them out. As the match progressed the Penguin team found its feet and began to string together phases of play which gained territory. First half tries by James McCormack and a fine solo effort from Craig de Goldi, gave the Penguins a half time lead of 14-0. Both sides proceeded to play open running rugby in the 2nd half despite the hot conditions at Stade Charlety (30degC). The Penguins built on their late 1st half momentum and ran in 4 more tries to PUC's 1. The final score was 40-7 to Penguin's. The score line flatters the Penguins, as PUC were very competitive in most areas of the game but found themselves stretched at the end of multi phased plays.

The trip to Paris was very well organised by Lionel Rossigneux and other staff from PUC and the possibility remains for further PUC/Penguin matches in the future.

A number of club officials and supporters made the trip to Paris to join the team in a great rugby occasion.

4.2 HSBC Liaison

The touring squad attended a function hosted by HSBC on 8th June, at HSBC's magnificent offices on the avenue des Champs-Élysées. Various bank officials and guests were in attendance, and mixed freely with the Penguin team, officials, and PUC representatives. Matthew Smith made a welcome speech on behalf of HSBC, with particular reference to the match planned for Saturday and PUC's centenary. Lionel Rossigneux replied for PUC, and Craig Brown replied for the Penguins.



The team prior to kick off

4.3 Team

Back row: Craig Brown (Tour Manager), Claude Lalande (Liaison Officer), Steve Lawrie (Edinburgh, Scotland U21), Paul Neville (Garryowen, Ireland A), Dave Gorrie (Lansdowne, Bay of Plenty), Arthur Brenton (Bedford), Rod Moore (Ulster, Australia - Captain), Peter Jorgensen (Edinburgh, Australia), Paul Laffin (Oxford University), Ben Breeze (Dragons, Wales A – Vice Captain), Reece Robinson (Mitsubishi, NZ Maoris), Blair Urlich (Mitsubishi, NZ Maori), James McCormack (ACT Brumbies, Australia U21), Flo Rossigneux (London Welsh, French Barbarians), Joel Nasmith (Helensville, North Harbour), Alan Wright (President), Bill Calcraft (Committee).

Front row: Xavier Gousse (Physio), Craig de Goldi (Karita, NZ 7s), Nicolas le Roux (Worcester, France 7s), Rida Joauher (Montuban, France 7s), Matt Dunning (NSW

Waratahs, Australia), Ian Warbrick (Staines, Scotland 7s), Kris Kopetsky (USBC, France 7s), Mike Prendergast (Munster), Marc Camburn (Takapuna, NZ 7s), Rob Henderson (Munster, Lions), Duncan Hodge (Edinburgh, Scotland), Tom Wacker (Chairman).
Insets: John Rutherford (Coach), Henry Head (Ulster, England Students).

5 Malaysia

5.1 Introduction

The club returned to Kuala Lumpur for the 9th time as a participant in the COBRA 10s in September, and also accepted an invitation to play in the Royal Kedah 7s for the first time. The Royal Kedah 7s, held in the northern Malaysian city of Alor Star, has as its Patron the Sultan of Kedah, who attended the second day of the tournament and presented the cup championship trophy.

As the team was due to play 10s followed by 7s the team had to be selected with enough size and speed to cover both tournaments. Coupled with this, the club was keen to select players from Samoa, as they have a number of world class rugby players who could be available. A good link has now been established with the Marist St Josephs club in Apia and Brian Lima and his wife Sina, who manage the interests of a number of leading Samoan players.

Thanks must be extended to Richard Breen, for his tireless efforts in arranging a number of talented Fijians, John McKittrick, for his links in New Zealand, and Bill Calcraft, for his contacts at Manly. Thanks also to Hang Kek Kang, our magical Liaison Officer whose midas touch can resolve most issues, and to David Townsend who support during the two weeks and links to HSBC were invaluable.

5.2 Tournament Reports

5.2.1 COBRA 10s

The team assembled in Kuala Lumpur on Monday, 4th September. The assembled team consisted of five New Zealanders, four Samoans, three Fijians, one South African and one Australian. Over the next three days John McKittrick ran 5 training sessions to mould the players into a cohesive unit. The biggest challenge was to facilitate sufficient opportunities for the players to become used to playing with each other and to drill the defensive patterns and first phase plays.

The team was billed as a favourite, in some sections of the media, about which the Penguin's management was not comfortable as there were many good teams, and there is rarely an easy game in the COBRA 10s.

Day 1 duly arrived and the team was ready to go. Each team had one match on Friday and two on Saturday to complete pool play. As the tournament started the monsoon rain arrived and turned the field into somewhat of a lake, resulting in one game being suspended for 45 minutes due to the lightening strike threat. The weather conditions evened up every contest with only a couple of games easily won.



Nasoni Rokoibau scores against Australian Legends

Added to this was a very competitive field, with about 12 of the teams capable of beating anybody else. The Penguins, through great team defence; great team spirit; some outstanding individual play by Mika Senio; supported by Mesake Davu, and the inspirational leadership and match direction by Uale Mai, ended pool play qualifying in first position. The largest winning margin being by two tries to nil.

The finals' day broke fine and sunny, with the temperature increasing and the pitch drying out well. The team again relied upon great spirit, great defence, and more brilliance in particular by Mika Senio, Mesake Davu and Uale Mai, to win both the quarter and semi finals in close encounters. It was testament to the reputation of Uale Mai that he was targeted by the opposition for some *very close marking*.

Finally, after 12 years, the club made the final again with last year's runners up, Natal Duikers sporting a few Natal and Super 14 players in their ranks, the opposition. The conditions were ideal for running rugby, with clear skies overhead and firm dry footing underneath. The Penguins started in tremendous fashion, scoring 19 unanswered points in the first 4 minutes, and went on to lead 26-0 at half time. Three quarters of the way through the match the Penguins lead 33-0 but Natal came back in the final 5 minutes to score twice. The final result was a famous 33-14 victory to the club.

Broad smiles covered the faces of the entire team, management, and supporters with the win based upon a great team spirit, first class contributions both on and off the field by all in, great leadership by John McKittrick, Uale Mai and Mesake Davu and a man of the tournament display by Mika Senio.

So to next year, do we defend the title we have now won three times?



The victorious team after the COBRA 10s final

5.2.2 Royal Kedah 7s

The team headed to the Island of Langkawi off the north western coast of Malaysia to prepare for the Royal Kedah 7s and to run coaching sessions for local school children.

The team moved from 10s- to 7s-mode in 4 training runs prior to the 7s. The atmosphere was more relaxed than Kuala Lumpur, but intensity and concentration was forthcoming from all when required.

Day 1 of the 7s pitted the Penguins against 3 local teams. The expectation was that we should win these matches fairly easily, as was the case. Nevertheless, the team still had to apply itself and concentrate on playing proper 7s to build for day 2. On day 2 the Penguins played the top three Malaysian clubs who were successful against the two New Zealand teams also in the tournament. The quarter- and semi-finals were won comfortably enough, although COBRA did make the team work hard for most of the semi-final match.

The final was against Sandakan Eagles from Borneo, who had imported eight Fijians and Samoans to strengthen their team, including a professional rugby league player from Sydney. The final was a close affair with the Eagles scoring first. Every time the Penguin pulled away with a two try advantage the Eagles bounced back. With 4 minutes remaining the Penguins led 36-19 only for the Eagles to pull back two tries. However, the Penguin defence stood firm, despite very tired legs in the hot conditions, for a crowd thrilling 36-33 win.

For the Penguins Nasoni Roko, Brett Sweeney and Mika Senio topped the try scoring list, and Tomasi Neilumi, on his first trip out of Fiji, put on a magical stepping and running display. Marc Camburn was a tireless worker and a great 7s exponent, and Mesake Davu ensured an endless supply of restart ball, winning the aerial competition in spectacular fashion. Credit must go to the captain, Uale Mai, who worked skillfully in the sweeper position, directing defensive operations from the back as well as leading many attacks.

The victory, as was the case for that in Kuala Lumpur the week before, was down to a complete team effort, and congratulations go to the entire line-up.

So, as per the COBRA 10s, do we return to defend our title? The Royal Kedah 7s tournament will only grow on the international stage now that it is to be held after the COBRA 10s.

5.3 Results

COBRA 10s 8th, 9th and 10th September

Pool C

Penguins 12 – 5 Sandakan Eagles (MAS)

Penguins 15 – 10 Australian Legends

Penguins 12 – 0 Aotearoa Maori

¼ final Penguins 19 – 15 Northlink College (RSA)

semi final Penguins 15 – 0 Te Hiku O Te Ika (NZL)

final Penguins 33 – 14 Natal Duikers (RSA)

Royal Kedah 7s 15th and 16th September

Pool B

Penguins 77 – 0 Police United

Penguins 77 – 3 RMN ORCA

Penguins 62 – 0 ASAS

¼ final Penguins 46 – 5 NS Wanderers (MAS)

semi final Penguins 33 – 7 COBRA (MAS)

final Penguins 36 – 33 Sandakan Eagles (MAS)

5.4 HSBC Liaison

The touring team was privileged to be hosted by HSBC at a function in Kuala Lumpur on Wednesday 6th September. The host for the evening was Zed Cama, CEO of HSBC in Malaysia and he was supported by Ian Ogilvie Deputy CEO, other bank officials and guests. The evening was an informal affair, with a chance for the team to meet HSBC staff and guest, and to discuss a wide range of topics including, of course, the great game of rugby. Zed Cama spoke on behalf of HSBC, welcoming the Penguins to Malaysia, again, and wishing the team every success in the tournaments that lay ahead.

Zed also confirmed his ongoing support for the club in helping to develop rugby in Malaysia, through the work of the HSBC Penguin International Coaching Academy. In particular, Zed emphasised that the minority of sports in Malaysia receive the majority of funding (of which rugby is not one) and thus HSBC is keen to support other sports,

especially those, such as rugby, that actively promoted goodwill, fair play, respect for all, and team work within a competitive environment.

Craig Brown responded on behalf of the Penguins, thanking Zed and HSBC for his warm welcome and the continued support for both the HSBC Penguin International Coaching Academy and the team from the bank.

5.5 Touring Team

Back Row: Marc Daniels* (Physio), Craig Brown (Manager), Ryan Barker (North Shore, North Harbour 7s), Mesake Davu (Fiji, Fiji 7s – Vice Captain), Egelani Fale (Savaai Samoa, Samoa), Sam Paddison* (Mahurangi), Nasoni Rokobiau (Natisori, Fiji 7s), Mika Senio (Marist St Josephs, Samoa 7s), Alapasa Cordtz (Marist St Josephs, Samoa 7s), David Townsend (HSBC Liaison), John McKittrick (Coach)

Front Row: Yun Ting* (Physio), Marc Camburn (Takapuna, New Zealand 7s), Willy Hafu (Mahurangi, New Zealand U19), Brett Sweeney (North Shore, North Harbour), Tomasi Neilumi (Fiji 7s squad), David Collis (Manly, Queensland), Johann Gerber* (Villages, South Africa 7s), Uale Mai (Marist St Joseph's, Samoa 7s – Captain), * *COBRA 10s only*

Insets: – Jamie Dempsey* (Academy Coach), Hang Kek Kang (Liaison officer), Grant McKelvey* (Academy Coach)



Below - the rain in KL and the great team spirit



Appendix A – Schools coaching in Malaysia September 2006

DAY 1 – Wednesday 6th September

Cobra Coaching Clinic - Rawang - 50 boys

- Passing - 6 o'clock pass
- 2v1 passing before and after contact
- Triangle Drill, 1v1 - 2v1 - 3v2
- Games

The 1st clinic of the programme took place in the most picturesque of rugby fields I have ever had the pleasure to visit. The players were extremely enthusiastic, very well coached, disciplined, and were very eager to learn. In talking with the boys coaches and senior school management it was explained that the boys were “more doers than thinkers”, and that the rugby programme at the school had been very successful with this group of pupils.

The players understood the drills well and there was a definite improvement during the course of the session. As expected, the games were very fast, dynamic, and physical, but lacked control in the contact area.



Rawang - 50 kids (U14 and U16)

- passing, 6 o'clock pass
- 2v1 passing before and after contact
- ball presentation and clear out
- Triangle Drill, 1v1 - 2v1 - 3v2
- Games

The 2nd visit to this Boarding School was interrupted 3 times by a thunderstorm that erupted directly above the school. After my experiences from our 1st visit last year, I

wanted to base the session on the contact area, an area of tier game that at that time required attention.

I am delighted to say that there was real evidence during the games that that the coach / teacher had been developing the drills and skills we had delivered during our last visit. The boys knowledge of the game was impressive, and their eagerness to learn very refreshing.



DAY 2 – Thursday 7th September

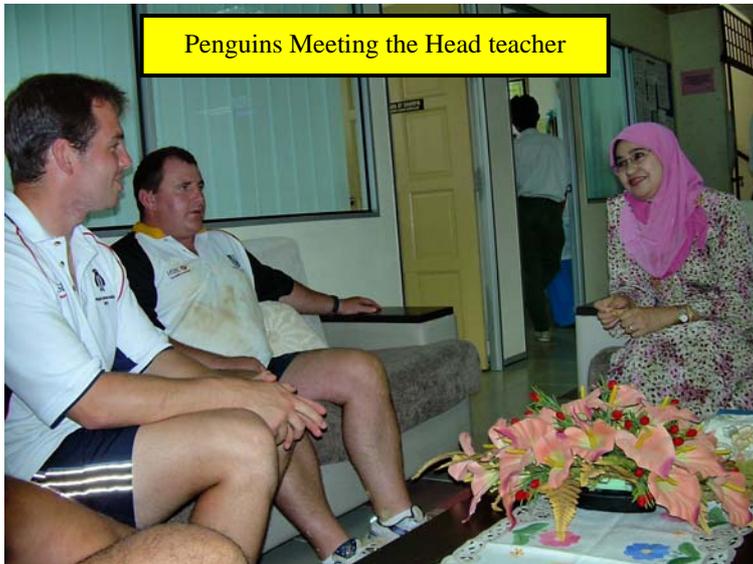
Cobra Coaching Clinic - SMK Pandan Mewah (2 different schools) - 60 boys (U14 and U16)

- Chaos Corridor Triangle
- Ball presentation and Ruck
- Games

This session was targeted at trying to free up the contact area and give the players more techniques to pass and offload the ball during and after contact, with also looking at ways to speed up the contact / ruck area.

It was clear that the boys attending the session had been extremely well coached, with some of the performances here by the players, the best of the trip.

These boys were the most physical players with an excellent enthusiasm and relish for the contact element of the game. The games played between both schools at the different age groups were very fast, direct and physical.



Penguins Meeting the Head teacher



Player of the Day

DAY 3 – Friday 8th September

Cobra Coaching Clinic - SMK Telok Datok, Banting (5 different schools) - 50 boys (U14 and U16) -

- Contact Core Stability warm up
- Chaos Corridor Triangle - Ball presentation and ruck
- The Wine Glass Drill (continuous rucking going with the flow)
- Games

After speaking to the coaches they were very specific with what they wanted to work on. The coaches all took notes during the session and were very interested in drills etc. and asked many questions during and after the session.

The players were from 5 different schools and 2 different age groups, and were slow at the start to pick up on techniques but when we went onto our continuous rucking exercise the players then began to understand the concept.



Carrying Ball into Contact



Excellent Ball Presentation & Continuous “Same Way Attack”

In game play the games were very physical and based around players carrying the ball into contact and then being unable to retain the ball during the contact.

Bearing in mind that some of these players had only been playing the game of rugby a few months, the coaches and players can take much credit.

Cobra Coaching Clinic - Dmansara (2 different schools) - 50 boys (U14 and U16) –

- Contact Core Stability Warm up
- Individual Tackle
- Games.

This visit was probably the most challenging in terms of the social and economic background of the pupils. As the teacher explained to us “I train the boys every day as a way to keep them away from the street and the motor bike boys”.

The programme is run by 2 coaches (1 teacher and 1 parent (a fireman)) and has only been running for less than 1 year. The boys were very athletic, physical and were obviously talented, natural “game players”.

The games played at the end of this session were the best example of players using their natural ability to find and utilise space, using very simple principles that had obviously been taught to them during their program by the coaches. Although the boys were physical in the contact area, they had a very good understanding of passing the ball before contact into space, to allow other players to attack in the wide areas of the field.

After the session we spoke to the coaches at length and congratulated them on their programme and asked them not to “over – coach” these boys, but to gradually introduce different principles to the game.

Individual Tackle Technique



Players Practicing Techniques



CONCLUSION

Since our last Coaching visit in September 2005, there has been an obvious increase in the general understanding of the game at all age groups. The common areas of strength from all the coaching clinics were;

1. The natural athletic ability of the players;
2. The physical intensity the players operate at during games,
3. Good understanding of the basic principles of the game.

In our opinion the areas of the game that requires improvement and would greatly improve the standard of the games and players within it are;

1. Ball Presentation at the contact point;
2. Referees to control tackle area – priority is to get the tackler to be active in rolling away from the ball!
3. All aspects of the ruck area – especially roll of 1st and 2nd support players,
4. Control of ball in tackle area.

Grant McKelvey and Jamie Dempsey
HSBC Penguin International Academy Coaches
Malaysia September 2006.

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> RUGBY

Penguins taste sweet success

■ By Ranjini Thangaraju
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LAST year's runners-up Natal Duikers ended up as bridesmaid again after United Kingdom's Penguins thumped them 33-14 in the final of the 37th HSBC-COBRA Invitational Rugby 10s at the Petaling Jaya Stadium in Kelana Jaya yesterday.

However, for the hard-tackling Penguins, it was sweet success and made up for last year when defending champions Samoans Marist St Joseph beat them in the semi-finals.

The Samoans did not return to defend their title this year but loaned four of their players to the English side.

The Penguins also had three Fijians, five New Zealanders and an Australian to power them.

"We did not expect to take the lead. The plan was to secure the back and defend whenever we got the ball. No tackles were missed and we implemented pressure," said Penguins manager and former player Craig Brown.

The Penguins have won the Cup twice before this — in 1993 and 1994 — when Craig played in both editions.

The Penguins led 26-0 in the first half of

the 30-minute match, scoring tries through Nasoni Rokodiu, Egeleni Fale, Alapasa Cordtz and Mika Senio.

Brett Sweeny converted three tries. After the breather, the Penguins continued scoring with one more converted try by Nasoni to lead 33-0.

The South Africans got on the score sheet in the dying minutes through two converted tries from Darren Van Rooyen and Orkert Vermevlen, but it was a little too late. The Penguins sealed it 33-14.

Sandakan Eagles won the Plate final when they beat another local side, Cobra, 24-5.

The Bowl final was won by British Army who beat Australian Legends 26-10.

In the schools' category, the Cup final was won by Bandar Penawar Sports School (BPSS) who outplayed SM Sains Sultan Mahmud of Terengganu 26-0.

Results (All Finals) — Cup: Penguins 33 Natal Duikers 14; **Plate:** Sandakan Eagles 24 Cobra 5; **Bowl:** British Army 26 Australian Legends 10.

Schools — Cup: BPSS 26 SESMA 0; **Plate:** SM Sains Johor 5 Royal Military College 10; **Bowl:** SM Tunku Anum 15 Kolej Yayasan Saad 7.



United Kingdom's Penguins celebrate after beating Natal Duikers 33-14 in the final of the 37th HSBC-COBRA Invitational 10s at the Petaling Jaya Stadium yesterday. Pic: HAIRUL ANUAR ABD RAHIM



FORWARD RUSH: Penguins forward Mika Senio (centre) sprints towards the line followed by Natal Duikers' Matt De Bee (right) and Graham Fourie in yesterday's final. Penguins won 33-7. Picture by Hairul Anuar Abd Rahim

► RUGBY/COBRA 10s

Where's the English, Mr Brown?

By GHAZ RAMLI

THERE could not be a more ironic twist to English club Penguins' triumph in the Cobra 10s yesterday.

They finally bagged the coveted title after five previous attempts with a 33-7 victory over South Africa's Natal Duikers in the final at the Petaling Jaya Stadium in Kelana Jaya.

And this time, the supposedly most English of teams did not parade a single Englishman in their side.

This year's highly effective team featured four Samoans, three Fijians, five New Zealanders and an Australian.

But don't get Mr Brown wrong. It wasn't a deliberate attempt by him to dispense with English players this time around.

Brown said it was mid-season back home and most English players had club duties to attend to.

"As we did not want to miss the

RESULTS

CUP FINAL: Penguins 33 Natal Duikers 7

SCHOOLS FINAL: BPSS 26 SESMA 0

BOWL FINAL: British Army 26 Australian Legends 10

PLATE FINAL: Cobra 5 Sandakan Eagles 27

Cobra 10s this year, we organised a new squad," added Brown, a member of the Penguins team in the Cobra 10s in 1993 and 1994 and has been coach since 2001.

And what a solid and in-form outfit he has whipped up for this year's competition.

There was no stopping this Penguins side in the final yesterday. They led 26-0 at half-time against last year's runner-up.

"We worked hard to make everything work for us ... and it did," said Brown.

Meanwhile, the Sandakan Eagles claimed the Plate title after beating

hosts Cobra 27-5.

The Bowl final saw the British Army defeat the Australian Legends.

In the schools' competition, favourites Bandar Penawar Sports School (BPSS) outplayed SM Sains Sultan Mahmud (SESMA) 26-0 in the final.

Minister of Natural Resources and Environment Datuk Seri Azmi Khalid gave away the trophies. Also present was Cobra president Datuk Krishnan Tan.

MM says: Will Penguins march on without the English next year?

Appendix C – Malta Level 1 Coaches Course – Practical Assessment and Exam

HSBC Penguin Rugby Coaching Academy

Level 1 Coaching Certificate - Practical Assessment

Candidate name: _____

Course venue: Malta

Date: 8th October 2006

Task: _____

The assessor will mark the candidate on their performance against the criteria below

Knowledge of key learning of points 15 marks

Understanding of key coaching points 15 marks

- Correction of faults
- Did the coach move about to view from all angles
- Identification of faults
- Correction of faults
- Use proper player management techniques when correcting
- Offer praise when relevant
- Evaluation of player understanding

Coaching style 15 marks

- Effectiveness of coaching
- Involve all players
- Use appropriate instruction and control
- Create a good rapport
- Provide clear and jargon free instructions

Extension to game related activities 15 marks

- Relevance of activity
- Explanation of relevance
- Introduction of measures to provide game related pressure
- Demonstrate good progression of activities

Total 60 marks

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HSBC Penguin Rugby Coaching Academy

Student Exam

HSBC Penguin Rugby Coaching Academy

Mark out of 40

Level 1 Coaching Certificate - Course Written Assessment

Candidate name:

Course venue: Malta

Date 7th October 2006

There are 20 questions, please answer all question by circling the letter corresponding to the correct answer (e.g. A, B, C or D) or provide a brief written answer.

1	What should the tackler do as soon as he has completed the tackle?			
	A	B	C	D
	He must immediately release the tackled player, he must immediately get up or move away from the ball and tackled player, he must get up before playing the ball	He must immediately release the tackled player, he must immediately get up or move away from the ball and tackled player, he must get up to his knees before playing the ball	He must release the tackled player if they have the ball, he must immediately get up or move away from the ball and tackled player, he must get up to his knees before playing the ball	He must immediately release the tackled player, he must move away from the ball and tackled players after the ruck has finished, he must get up to his knees before playing the ball
2	Give three key learning points for the switch pass			
3	Why do we warm-up before exercise or matches?			
4	In the field of play, a maul is formed when			
	A	B	C	D
	one player, on his feet is in physical contact with an opponent who is in possession of the ball.	one player, on his feet is in physical contact with a player on his team who is in possession of the ball.	one or more players from each side, on their feet and in physical contact, close around a player who is in possession of the ball.	two or more players from each side are lying on the ground in physical contact, around a ball in their possession. (one player holding the ball)

5	What are the key learning points for a side tackle?

6	On the diagrams below, show where you would attack by drawing arrows (D = defender). Indicate run/pass or kick and also whether this is penetrating or wide play attack..	
	DDDDDDDDDDDDDD	D D D D D D D D D

7	Give the four points for Observation & Analysis

8	On arriving at the ground the coach should:			
	A	B	C	D
	check the ground to ensure it is safe, check there is access to a telephone, ensure a first aid kit is available, ensure players have access to clean drinking water	check the ground to ensure it is safe, ensure each player is aware of their role, ensure a first aid kit is available, ensure players have access to clean drinking water	check the ground to ensure it is safe, ensure each player is aware of their role, ensure a first aid kit is available, ensure that the playing/training kit is available	ensure the club house is open, check the ground to ensure it is safe, ensure each player has brought some food, ensure a first aid kit is available

9	In the field of play a ruck is formed when			
	A	B	C	D
	two players from the same side are bound together standing over the ball	a tackled player and tackler are in contact on the ground	one or more players from either side are on their feet, in physical contact, closing around the ball on the ground between them	one player, on his feet, in physical contact with the opposition ball carrier, is closing around the ball on the ground between them

10	The sequential process for forming a scrum below adult level?			
	A	B	C	D
	pause, crouch, touch, engage	crouch, touch, pause, engage	crouch, touch, engage, pause	touch, crouch, pause, engage

11	What does APES stand for?

12	When the hooker throws the ball into the line out which of the following is true.			
	A	B	C	D
	The hooker can throw the ball to any player, whilst standing between the touch line and the 5 meter line	The hooker can throw the ball by any means to any player as long as he is behind the touch line , the ball travels at least 5 meters and is straight.	The hooker must throw the ball from over his head and can throw directly to the number 9 if he is free	The hooker must throw the ball from behind the touch line, the ball must travel 5 meters but it does not matter if the ball is not thrown straight

13	List the key points for ensuring a lock is packing into the scrum in the proper way.			

14	What should coaches be aware off when helping players to learn?			
	A	B	C	D
	10% of what we say is remembered, 40% is conveyed by the way the words are spoken, 50% is conveyed by our non-verbal	10% of what we say is remembered, 10% is conveyed by the way the words are spoken, 80% is conveyed by our non-verbal	50% of what we say is remembered, 20% is conveyed by the way the words are spoken, 30% is conveyed by our non-verbal	10% of what we say is remembered, 20% is conveyed by the way the words are spoken, 70% is conveyed by our non-verbal

15	Which of the following are key elements for the ball carrier when forming a maul? (choose two)			
	A	B	C	D
	must take contact on own terms	pass the ball back as soon as possible	must form a solid base	fall to the ground as soon as possible

16	What are the four areas a coach should consider when planning a session?			
	A	B	C	D
	Fitness, Nutrition, Skill, Understanding	Technical, Tactical, Physical Mental	Skill, Technical, Emotional, Physical	Physical, Fun, Tactical, Skill

17	A safe pushing position has?			
	A	B	C	D
	Shoulders above hips, head up with chin off chest	Shoulders below hips, head up with chin off chest	Head up with chin off chest, with your arms by your sides	Shoulders above hips, with legs straight and feet together

18	During a game, when can you kick a ball directly into touch without suffering a disadvantage			
	A	B	C	D
	Anytime	When on attack	When inside your 22m or kicking from a penalty	When you have a free kick and are on defence

19	Name the four aspects of Providing Feedback

20	List the key learning points of catching the high ball

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